

ROASTED VEGETABLE-ROSEMARY CHICKEN SOUP

Eight 1-Cup Servings

1 cup	Cubed carrot (1-inch)
1 cup	Cubed onion (1-inch)
1 cup	Coarsely chopped mushrooms
1 cup	Celery, 1-inch pieces
1 cup	Red bell pepper, 1-inch pieces
2 tbsp	Extravirgin olive oil
1 cup	Water
2 tbsp	Chopped fresh rosemary
½ tsp	Salt
7 cups	Chicken broth
2 cloves	Garlic, minced
1 lb	Skinless, boneless chicken, cut into ½-inch pieces
2 cups	Whole wheat rotini pasta
1 ½ tbsp	Fresh lemon juice
¼ tsp	Freshly ground black pepper

1. Preheat oven to 375°F. Combine carrot, onion, mushrooms, celery and bell pepper in a large bowl; drizzle with oil and toss well to coat. Arrange vegetable mixture in a single layer on a jelly-roll pan lined with foil. Bake for 50 minutes or until browned, stirring occasionally.
2. Combine water, rosemary, salt, chicken broth, garlic, and chicken in a large Dutch oven; bring to a boil. Reduce heat and simmer 30 minutes. Add vegetables; simmer 30 minutes. Bring soup to a boil. Add pasta; simmer 10 minutes, stirring occasionally. Remove from heat; stir in lemon juice and pepper.